

First Date Check List

By Meaningful Mentorship

YOUR FOUNDATION

- Do you love yourself?
- Do you treat yourself well mentally and physically?
- Do you see value in your job or career?
- Do you have passions, hobbies, interests, or pursuits you are in action with?
- Do you have a community/friends (softball, investors club, church, charity)?
- Do you seek out positive challenges in your life?

Note: it is more than okay to be a "work in progress" in some of these areas and that is something you should own if it comes up on the date.

PREPARATION

Best to do these for yourself as actions taking care & loving yourself even if nobody ever sees or notices them. A knock on effect is these are signals to the world that you give a shit about yourself.

HOME

Is your home clean (bed & sheets, counters, floors, sinks, toilets, trash bins)?

Is your home functional (organized)?

Is your home aesthetic (art, intentional arrangements)?

CAR

Is your car clean (interior, exterior)?

Is your car serviced (cracked windshield, check engine light, oil change, tire pressure)?

YOU

Showered 4 hours prior to the date?

Are you groomed (nose/ear hair, nails)?

Are your clothes in good condition and free of stains?

Are your shoes clean and in good condition?

HOW WILL YOU KNOW SHE IS WORTH A SECOND DATE?

5 Must Haves

- 1
- 2
- 3
- 4
- 5

5 Deal Breakers

- 1
- 2
- 3
- 4
- 5

THE PLAN

First dates are to find out if you want to go on a second date - treat it as such.

Where are you meeting her (coffee, hiking etc)?

Do you have a secondary adventure in mind if you want to extend the date (outside art exhibit, dog park, smoothie)?

What questions are you interested in asking her (what are you looking for with your dating)?

If she asks you those questions in return do you have answers?

LEVEL OF INVESTMENT

If you care about having/keeping this woman in your life more than your go-to pair of jeans or shoes ask yourself why and perhaps call a friend to get a reality check. **Alternatively, if you are excited but not attached, carry on and enjoy!**

Meaningful Mentorship resources are inspired from the works of very smart and insightful people, formal education in psychology and human factors/ergonomics, my own development journey, and direct experience. Particular gratitude to the work of: Dr. Robert Glover, Dr. Jordan Peterson, Dr. Carol Dweck, and Mark Manson.

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